WELCOME NEW & RETURNING STUDENTS

August 2023

THE LIONS' PRIDE
MEDIA GROUP

Welcome to the Pride: A Message from the Editors-in-Chief

Satyne Doner
Sarah Gilley
Editors-in-Chief

Satyne Hi Lions! My name is Satyne Doner, and I am half of the new Editor-in-Chief duo of The Lions' Pride Media Group. I started as a Contributing Writer in 2021 and worked my way up to Editor of Arts and Culture in 2022. While interviewing students at an event, I met Sarah, and we immediately became best friends.

I want to start by saying The Lions' Pride Media Group is dedicated to being the student voice on campus. We are entirely student-run and cover everything from events to sports and even Barbie vs. Oppenheimer. If you are interested in being a part of telling our campus's story, join us in Kirk 329 on Wednesdays from 3:30 to 4:30 p.m.

Sarah Hi Lions! My name is Sarah Gilley, and I am the other half of the new Editor-in-Chief duo of The Lions' Pride Media Group. I started as a Copyeditor in 2022 and worked my way to simultaneously being Editor of Campus News in 2023. In 2021, my freshman year, I attended an event where I met Satyne, and ever since then, it has always been the two of us.

The Lions' Pride Media Group is dedicated to uncovering and highlighting all student voices on campus. As Satyne said, come join us if you are interested; I know you will make lifelong friends just like I did.

One of the best times is when we get to distribute the new paper all around campus. (Photo by Sarah Gilley)

The Lions' Pride Media Group loves to hang out with Fritz, our mascot. (Photo by Satyne Doner)

Satyne (left) and Sarah (right) became fast best friends by joining the paper! (Photo by Satyne Doner)

What is The Lions' Pride?

Established in 1965 under the name The Monarch and going through a rebrand in 2018, The Lions' Pride Media Group is a student-led newsgroup with its home base on Saint Leo's University Campus. It also encompasses Saint Leo's Learning Center and WorldWide programs. No topic is left uncovered, and The Lions' Pride shares these stories through monthly print issues, on our website, lionsprideonline.com, and through our various social media platforms, with the handle being @lionspridemedia.

Newsroom

The Lions' Pride Media Group is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal.
We are located in the Student Activities Building in Office 106.

Letters to the Editor & Advertising:

Send letters to the editor to TheLionsPrideNewspaper@gmail.com. Guidelines: 500 word maximum. Do not use profane or slanderous language. Faculty must include name and rank. Students must include name, major, and graduation year. Include phone number to verify authorship. We reserve the right to edit for grammar, spelling, or libel.

To inquire about putting an advertisement in the newspaper or social media, please contact Isa Riaño at isabella.riano@email.saintleo.edu.

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Fall Fun: Saint Leo University preparing for a new year of events

Emily Hernandez Dominguez
Campus News Editor

The campus pulses with a renewed sense of excitement as a new school year dawns upon Saint Leo University.

As the new semester approaches, students eagerly await the commencement of classes while also brimming with excitement for the array of upcoming events and activities that await them on campus.

At the heart of the excitement is the Campus Activities Board (CAB), a group of students who plan on and off-campus events for all students to participate in and enjoy, fostering an environment where students can thrive beyond the classroom.

"I'm excited for events that provide us with opportunities to socialize, and engage with other students, and most importantly bring us out of our comfort zone! I enjoy interactive activities that highlight other cultures and customs," Anna Chavez, a senior at Saint Leo said. "I'm looking forward to ministry events especially."

From the start of the fall semester, as classes commence, all the way through the end of the school year, students can anticipate a diverse range of on-campus events. These include a welcome-back celebration, bingo nights, themed study sessions, trivia nights, and the hosting of the infamous moonlight breakfast.

The events provide an opportunity for both commuter and on-campus students to connect, enjoy, and foster a sense of school spirit.

Destiny Diaza, who is a junior and a commuter, says: "I enjoy the bingo nights and the moonlight breakfast."

One of the first CAB events students can experience is Bingo Night on August 27 at 6 p.m. in the Student Community Center (SCC) Boardrooms.

The events are organized by students on the board. The 2023-2024 Campus Activities Board is as follows: Ariel Munroe, multicultural, diversity, and the arts chair; Audrey Ang, marketing and social media chair; Judeah Moss, special events chair; Kevin Rivera Hernandez, campus engagement chair; Andira Astwood, traditional programming chair.

In addition to CAB, various organizations have exciting fall events planned. One of these organizations is Student and Family Engagement.

To celebrate the first day of school, Student and Family Engagement is hosting a 'First Day of School Photos and Puppies' event. Students can join them in the SCC second floor lobby on August 28 to get a first day of school photo and play with some dogs. The event will be held from 12 p.m. until 2 p.m.

Throughout the school year, Saint Leo students can always anticipate a vibrant array of activities and engaging events to be offered right on campus. From dance battling a fellow peer to win a prize at bingo to doing some late-night cramming before finals while in line for moonlight breakfast, the campus buzzes with opportunities for students to enrich their college experience.

To stay in the loop and make the most of these exciting offerings, students have several sources to explore. Students can find dates, times, and locations for specific events on EngageLeo, an engagement platform where clubs and organizations can upload their events with all the necessary information for attendees to find. Furthermore, students can also find contact information on the website as well.

In addition to EngageLeo, social media platforms like Instagram also play a significant role, with event updates, behind-the-scenes glimpses, and interactive polls keeping the student community engaged and informed. CAB events can be found at @saintleocab.

Moreover, students should keep an eye on their emails, as a newsletter regularly gets sent to their inboxes, describing the full lineup of upcoming campus events. This detailed newsletter from the Office of Student Activities serves as a guide, ensuring no student misses out on the chance to immerse themselves in the activities that Saint Leo has to offer.

As the months go by, different ideas manifest themselves into an event for everyone to enjoy. Students are bound to find something that resonates with their interests and passions. So, as the academic year unfolds, the anticipation of discovering new experiences and forging lasting memories remains an integral part of the Saint Leo journey.

During finals, the AAPI Student Association held a Boba and Study event. (Photo by @aapi.saintleo)

From the Kirk Lawn students can easily find the Student Activities Building (SAB) which hosts events, and is home to offices of those in charge of planning such as CAB and other resources. (Photo by Emily Hernandez)

Students hearing a talk given by Saint Leo alumni Hannah Wiand. (Photo by Isaac Jeter)

A shift in perspective: Changes in Saint Leo's Honors Program

Sophia Sullivan
Editor of Arts and Culture

Here at Saint Leo University, many different opportunities for professional and personal growth are presented to students. A standout option at Saint Leo is its prestigious Honors Program.

The past four years have brought a substantial growth period to the program under the direction of Dr. Timothy Jussaume. Jussaume will sadly not be returning to teach at Saint Leo in the fall, thus, a new director has been announced.

In June, Dr. Daniel DuBois, associate professor of history and international studies, accepted his new position as director of the Honors Program. Working alongside him as Associate Director will be Dr. Elisabeth Aiken, associate professor of English.

DuBois has taught at Saint Leo since 2016 and has since taught various courses focused on American history and international relations. He has previously published a book and has even taught an Honors Program class on sports diplomacy.

DuBois stated his enthusiasm in interacting with students in the program with his new position, especially considering the program's extensive growth in the past few years.

"Our classrooms have become incredibly dynamic and engaging learning environments that put students and faculty in positions to work with people outside their departments and colleges whom they might otherwise never meet," he stated.

The program offers students unique opportunities that would be impossible if it were not for the specialized classes and the willing professors that teach them.

Instead of sticking solely with students and professors in one's scope of study, taking part in the Honors Program will allow students to branch out and interact with new people.

"We believe [the Honors Program] can play a key role in augmenting that element of our school's identity," said DuBois.

The description of an honors student typically suggests a picture of extremely smart students engaging in late-night cram sessions, surrounded by empty energy drink cans and half-eaten meals in takeout containers.

What prospective students might not know, however, is that Saint Leo's Honors Program does not mean more work for the students (https://www.saintleo.edu/academics/honors-program). Conversely, it means less work that students have the special opportunity to dive much deeper into, as opposed to other course material.

Between small class sizes, close professional relationships with Honors professors, priority class registration, and fewer required credits, the Honors Program aims to not only distinguish the top academic performers of Saint Leo, but it ensures that they are thoroughly immersed in a top-notch academic experience in all aspects of student life.

When Dr. Daniel DuBois is not teaching history and global studies at Saint Leo University, he loves spending time and traveling with his wife, Melissa, and their two sons. (Photo via Dr. Daniel DuBois)

Here at Saint Leo, Honors classes are a unique opportunity that students are offered, like last spring's class on faith and politics. (Photo via @saintleohonors Instagram account)

DuBois described the program's many rewards as a way "to enhance our students' learning experience and to create a community that goes beyond the traditional undergraduate experience."

Because of his field of expertise, DuBois plans to lean heavily into the global studies focus of the Honors Program values. He intends to introduce a newsletter detailing relevant stories to Honors courses, and a specific study-abroad program solely for Honors students.

DuBois is also interested in enhancing the Honor Program's frequency of what he calls "service learning."

"Service learning offers students the chance to work with vulnerable populations and people and communities in need," said DuBois.

While these qualities are certainly important, another thing DuBois and Aiken plan to push is "professional development." Of course, students go to college to find the career that suits them, so taking the time to explore, attempt, and learn about different jobs is extremely important. This will be accomplished by visits from Career Services, internships, apprenticeships, and guest speakers, all of which are exclusive to students in Honors.

To DuBois, the growth of the Honors Program at Saint Leo is a strong symbol of the quality of the university's students.

"It indicates the incredible number of driven, curious, and passionate students from around the world who are coming to study at Saint Leo's campus," he stated.

If you are a student eligible and interested in joining Saint Leo University's Honors Program, go to https://www.saintleo.edu/academics/honors-program/honors-apply to learn more.

Tips for decorating and making your dorm YOU

Savannah Havird
Former Campus News Editor

Moving into a new place while starting a new school year can be terrifying. You are worried about classes, moving away from family, and into a new place with a roommate you may not even know. What you don't necessarily think about is that you can decorate and style your new room however you want!

Make fun out of having a new roommate! You and your roommate(s) can correspond using matching colors, sports teams, and matching objects while still making it special to you.

"As we were deciding how we want to decorate, we decided on a base color of gray and white. Then, everyone got to pick a color for their side to give their area personality," said Olivia LoPresti, a former student. When LoPresti and her two other roommates moved in, the first thing they did was clean!

"Clean everything as soon as you move in, before unpacking anything!" said Brittany Morrison, a former student. When they moved in, they wiped down every piece of furniture and cleaned the floors to ensure everything was clean.

Tips to decorate your dorm:

- To make more room, raise your bed and put your working desk under the bed
- Wall art- don't keep the walls looking bare!
- Lights to hang around the room- Christmas or decorative lights brighten the room!

Ways to make it special to you:

- Bring a little piece of home with you- pictures of friends and family
- Put items in your dorm that make you happy
- Decorations on the wall or for your desk

Ways to decorate your room for cheap:

- Go to Five Below and get cheap mason jars, paint them, and use them around your dorm for different things like pencil holders, snacks, etc.
- Pinterest! Look up easy DIY ideas in your liking for your dorm.
- Reuse decorations you have at your house back home.

During July and the beginning of August, there are always sales or dorm and school essentials. Some of the places with the best deals are Bed Bath and Beyond, Kohls, and Target. These sales are aimed towards college students and dorm living, making it a lot easier to get the best quality materials at an affordable price! Have fun with your new home and make it YOU!

Bring a little piece of home with you such as pictures of friends and family. (Photo by Savannah Havird)

Here is an inside look into one of the freshman dorms. (Photo by Savannah Havird)

Back to campus, forward in faith: Saint Leo Ministry

Emily Hernandez Dominguez
Campus News Editor

As Saint Leo University comes alive with students, many return to campus with the anticipation of academic and spiritual growth.

At Saint Leo, students don't have to search far for a place to nurture their faith. On campus, University Ministry is a vital resource. Just like the school, Ministry is rooted in Catholicism, but welcomes all students to join various activities aimed at nurturing their faith.

The mission statement of University Ministry is "encountering and investing in students to lead them into a relationship with Jesus." With every event they organize, their goal is to achieve just that – helping students feel seen, known, and loved by the community by fostering bonds of friendship. Additionally, they aim to reinforce the idea that students are first and foremost seen, known, and loved by God.

Furthermore, Ministry plays a role in the University by embodying the values of good Catholics: welcoming people from all backgrounds and sharing faith and hospitality with them.

The Interim Director of University Ministry is Kevin Floyd, who previously served as the office manager. The director oversees all aspects of Ministry and guides the spiritual formation of the community. Floyd is also the assistant coach for the Saint Leo ice hockey club.

A new addition to the Ministry's leadership is Mary Worhacz, the new campus minister for University Ministry. Worhacz describes her role as ensuring that students have opportunities to develop their faith and fellowship while at Saint Leo.

This includes community events such as dodgeball tournaments and service projects, as well as spiritual events like Praise and Worship and Theology Thursdays, not to mention one-on-one bonding time at Benedict's Coffeehouse.

As the school year commences, Worhacz highlights some of the events that students can look forward to throughout the year.

"Ministry just held our third annual Freshman Retreat for incoming students, led by our Student Leadership team, for all new students to know that they have a place in Ministry right off the bat," Worhacz shares. "Throughout the year, we have two additional retreats for students to escape the stressors of academic life and join us for an off-campus spiritual encounter where they can grow in their relationship with God and make new friends along the way."

"The weekly event I would encourage most for students are our men and women's groups," she continues.

Each week, the two separate student groups will meet at the same time to discuss various topics to achieve the goal of living a virtuous life on a college campus and growing in faith.

Students can find encouragement and a place to be open about their struggles and find support from each other.

At the conclusion of the group meetings, the men and women's communities gather in St. Jude Chapel united together as one community to pray a night prayer.

"In addition to our retreats and men's and women's groups, we host various events throughout the year, inviting students to participate and connect," Worhacz continues.

August 30 is the first men's and women's groups of the year at 7 p.m., with women in the multimedia room of Apt 6, men in Student Activities Building in room 117.

September 7 is the first Theology Thursday, one of Ministry's monthly events at 6 p.m. in TECO Hall where a theological talk will be held while sharing in fellowship and eating free pizza!

September 23 is a student favorite event, the Ministry Kayak Trip (time and location TBD).

The fall retreat will be October 27-29. Further details are to be announced.

Apart from hosting events, University Ministry also provides numerous resources to students on campus. Worhacz emphasizes three essential locations to remember:

The second floor of the Wellness Center is where the Ministry offices are located. Students are welcome to come to the offices to seek spiritual guidance or hang out.

Second, the Abbey Church where most of the Sacraments are celebrated. They have daily and Sunday Mass, Confessions twice a week, and Eucharistic Adoration weekly.

Lastly, St. Jude Chapel which is a Eucharistic chapel open 24/7 for personal prayer. St. Jude Chapel is located at the bell tower across from the Student Activities Building.

Ministry also offers the Rite of Christian Initiation of Adults (RCIA) which is a program for all students who are either looking to become Catholic, or Baptized Catholics who have not received additional Sacraments.

Mark your calendars for the weekly events schedule: Sunday Mass at 7 p.m. (Ministry), Daily Mass from Monday to Friday at 5 p.m., Confessions on Sundays from 6:15 p.m. to 6:45 p.m., and Tuesdays from 6:45 p.m. to 7:30 p.m.

Adoration is also held on Tuesdays from 6:45 p.m. to 7:45 p.m. Stay updated on Ministry activities and announcements by following them on Facebook and Instagram @saintleouniversityministry or by visiting their website: ministry.saintleo.edu.

For any inquiries or assistance, students are encouraged to contact Worhacz via email at Mary.Worhacz@saintleo.edu or Flloyd at Kevin.Floyd@saintleo.edu.

Additional contact details are available on their website. Students can feel free to send them a direct message on Instagram or visit the office in person.

Navigating school can be a challenging endeavor for both new and returning students. University Ministry is committed to providing a nurturing environment that fosters faith, lifelong friendships, and a strong sense of community.

"As a Saint Leo alumni myself, I can say that from my time as a student to now, University Ministry has become a family and home away from home for so many," Worhacz shares warmly. "University Ministry is truly like no other - the bonds that are created within Ministry are ones that last a lifetime and I hope all feel welcome to join us at our events and become part of our family!"

Students gather for daily mass, finding moments of reflection and spiritual renewal in communal worship. (Photo by Isaac Jeter)

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If you are interested in working for us, come to one of our information sessions on Wednesday, August 30th, September 6th, or September 13th from 3:30 - 4:30 p.m. in Kirk Hall 329.

QUESTIONS?

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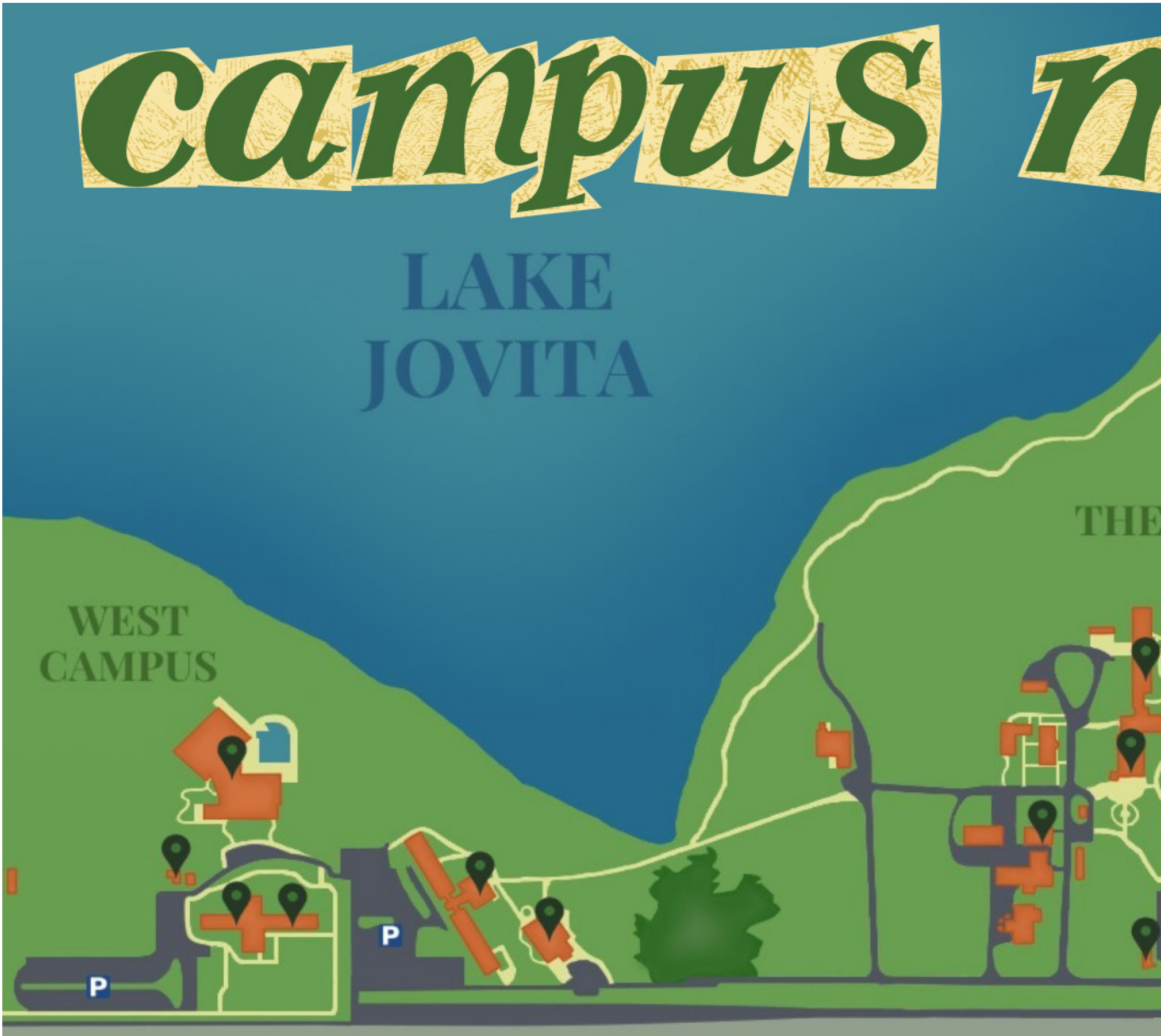

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The ultimate guide to getting involved on campus

Satyne Doner
Co-Editor-in-Chief

Every year around this time, Saint Leo University students flock to campus with one thing on their minds: going to class and going back to their dormitory or home.

Freshman students fall into this trap of monotony, and before they know it, they are seniors, wishing they had made the most of their college experience.

Don't fret. It's never too late to get involved on campus, whether it's your first day or the beginning of your last year at Saint Leo. In fact, studies show that students are more likely to be successful in college the more involved they are.

Joining a club, hanging out with friends, and participating in events are all ways that students can gather a sense of belonging and make the transition from high school to college easier. For upper-level students, these activities can provide a fresh outlook on the semester and stimulate new passions.

The question always heard from students is "How do I get more involved on campus?"

Ashley Phelps, assistant director of student and family engagement at Saint Leo, asserts that clubs are not the only way students can develop deeper roots.

"Jump outside of your comfort zone," Phelps says. "We have over 50 organizations on campus, and if that seems overwhelming, I would start by going to an event."

Saint Leo is known for its popular bingo nights, where students can bond with each other and win free prizes. There are also ice-breakers such as game nights, movie nights, and cultural events.

Opportunities like these can be found on EngageLeo, which every student has access to using their school login. This website shows a roster of events, clubs, and news.

This can be a fantastic way for residential students to meet new friends. Additionally, for commuters, Saint Leo is unveiling their newest project: the commuter lounge.

"We're going to have a commuter lounge this upcoming year," Phelps says. "Students can head over there and hang out with other commuters."

Phelps stresses that every student, regardless of their year, is welcome to visit her office in the Student Activities Building. Her passion is engaging and connecting with students, so she enjoys helping.

"I just had a senior come into my office wanting to get involved on campus," Phelps says. "I think there's always an opportunity to step outside of your comfort zone … there's always something happening, you just have to make that first step."

She encourages students to say hello to her at events —she says the beauty of Saint Leo is there are always friendly faces around to make students feel welcome.

Faculty has been eagerly preparing for students on campus, especially first-year students. Orientations, Walmart trips for international students, and even magician shows are on the agenda for incoming first-year students and upper-class students alike.

"We'll have the student involvement fair on the second week of school, and it's a great way for students to learn more about campus," Phelps says.

Student resources, internship opportunities, and organization sign-ups will be offered at the student involvement fair.

Additionally, a "Welcome Week" is in the works for students. This will feature a variety of different events, such as "First Day of School Photos and Puppies" on August 28 and "Speed Friending" on August 31.

For those interested in learning more about campus organizations, stop by the Student Activities Building located next to the clocktower. In the lobby, there is a bulletin board that lists available clubs to join.

EngageLeo can also be helpful, as well as @saintleocab and @saintleostudentactivities on Instagram. These are the quickest ways to find out when and where events are happening on campus.

In short, connecting with your fellow Saint Leo students can be as easy as attending a bingo night or joining an informational session for a club. It is never too late to step outside of your comfort zone and you might just find a new passion or hobby along the way!

Campus mascot, Fritz, is regularly seen at events. (Photo by Satyne Doner)

Last semester, Sigma Tau Delta brought together book lovers on campus for a book sale. (Photo by Satyne Doner)

Surviving your first year: Budgeting 101

Erin Gaylord
Former Online Editor

A great way for students to make extra money on campus is to apply for a campus job. (Photo from @saintleouniv)

You are officially a college student. Moving out can be exciting but taking on the responsibility can be daunting as well. Be sure to budget while you are in college to have some extra spending money, but also be able to get everything you need. If you spend all of your money on going out and having fun with friends, you may not be able to afford your necessities such as textbooks and supplies for class.

First, decide if you are going to get a job on campus or off campus, or if you want to work over the summer and save up that money for the school year. If you decide to get a job while you are taking college courses, make sure the job you choose will not be too stressful while you are taking classes. Getting a job on campus is a good option if you are a first-time college student and do not know what to expect. These jobs do not take up too much time, but they are enough to give you some extra spending money.

If you decide to get a job off campus, make sure your employer understands how often you will be in class, and when you will be able to work outside of class. Off-campus jobs could pay more, but you will have to pay more for gas to get back and forth to work as well.

Another option is to work over the summer and save money from that job to have extra spending money for the school year so you can focus more on school. Having a summer job is a good option as long as there is a good budget set for that time, and you follow the budget closely so there will be an adequate amount of money left over for the school year.

Once you find out where your money is coming from, you can lay out your budget. The most efficient way to budget is to write it out, whether that be on a piece of paper or an Excel spreadsheet. This way you can see the budget, and it may be easier to follow and be strict with yourself rather than just telling yourself what you should and should not buy. Also, with writing it out, you will be able to set up exactly how much you need for each thing like food, clothes, supplies, etc., and know exactly how much you can afford to spend.

Get a job on campus to help with the expenses. Having a job on campus is ideal for students who would like to have a job, but do not want to travel off campus for work or stress about work and school. School jobs do not require as many hours of work as other positions off campus may. Also, there are many different types of jobs on campus; you could even pick a position that coincides with your major in some way.

Having a job on campus will help with a little extra spending money to enjoy more time off campus or save up for the future.

Always try to save some money even if it is not a lot. Twenty dollars a paycheck is better than nothing, and soon, that little bit of money each month will add up to a decent amount of savings.

"If your car breaks down or you have an unexpected medical expense, you'll be way ahead of the game if you have money saved in an emergency fund," according to a college in Colorado.

If you have money in a savings account, you have some fallback money in case of an emergency, this way, you will not have to borrow money, use a credit card, or go without a car or food.

If there is not an emergency where you have to spend part or all of your savings, it can be saved for a place after graduation, a new car or anything else that you will want or need.

Another way to save money and help your friends out as well is carpooling. If you have a group of friends and several of you have cars, trade off on who drives each time you go out. Dedicate each week in a month to a different person, or keep a list written down of who drove last and keep rotating drivers. By doing this, each person will be saving gas and it will be fairer rather than one person driving most of the time or taking separate vehicles and everyone wasting gas.

By not buying everything you think you need and only getting the bare minimum to start off with, you will avoid wasting your money. If you only buy what you know you will need for class or your dorm room, you could save money for other things. If you end up needing something later, buy it then, but do not buy everything to start off with as you may not even use it.

If you have the unlimited meal plan, do not bother buying a lot of food for your dorm room, you could save that money for something else. Take advantage of your meal plan and do not eat out very often. Allow yourself one meal off campus a month or do not eat out at all, if possible. This way you will not throw away spending money when you have already paid for a meal plan on campus.

Also, selling your textbooks when you are done with them could give you some money back. There are several options for selling your books. You could sell them back to the bookstore, sell them online or sell them to someone you know will take that class. By selling your textbooks, you could use that money to buy books for the next semester or year and not have to worry about spending a whole lot on textbooks for the upcoming semester.

Before selling your textbooks, look up how much the used book costs online, take a little bit off of the price depending on the condition, and sell it. By doing this, you know you are getting the right amount for your book, and you are not losing money.

Another way to price your books can be to write down how much you spent on them when you bought them. Then take some off of that for any wear and tear or if you bought it new.

Keep your budget up to date when you buy things, and at the end of the year look at the amount of money you spent. See what was necessary and what was not. Looking at the numbers will give you a good idea of how well you are budgeting, and you can plan better for the next year.

Making the most out of your freshman year

Isa Riano
Advertisement Manager

Some organizations host games that test students' knowledge on various topics (Photo Credit: Isa Riano)

While starting college is a new and exciting experience for incoming students, it is natural for them to be concerned about challenging classes, costs, time management, living away from home, meeting new people, and living a different lifestyle. With all of the normal anxiety that incoming freshman experience, it is natural for them to wonder how they can make the most of their college experience.

Coping with the anxiety of being a freshman in college is essential for having a successful first year. While this is a common emotion, allowing it to take over can prevent you from making valuable connections and having wonderful experiences during your college years.

I remember being so worried about not knowing anyone on campus as an incoming student that I simply locked myself in my dorm for the first few weeks of college. However, learning about everything Saint Leo University has to offer in terms of mental health helped me overcome these obstacles and break out of my shell.

The Counseling Services office is located in the Wellness Center and provides free counseling services to all students. Those interested in scheduling an appointment should contact the Director of Counseling Services, Lawson Jolly, at lawson.jolly@saintleo.edu. Students can use counseling services to talk about their anxiety and learn how to manage their emotions effectively during their college years.

In addition to resources for mental health, the Wellness Center also has resources for physical health. These resources include an infinity pool, a gym, and a yoga studio, all of which are excellent places to unwind, both alone and with friends. The Wellness Center also offers free dancing, yoga, spin, Zumba, and other fitness classes to students.

Students who are interested in attending can visit the Wellness Center's website at https://wellness.saintleo.edu/and register for classes in advance.

These are all excellent extracurricular activities that can help relieve stress and keep students entertained. Because some classes are taught in groups, they can also help students make new friends and get to know others more easily.

The instructors in the Wellness Center have the goal of creating an environment where authenticity is valued.

"I aim for a space where students can express themselves in a stress-free area," Raegan Buhrman, a spin instructor at the Wellness Center.

Students who have taken classes at the Wellness Center have found them both challenging and enjoyable.

"The classes I deliver consist of hills, sprints, and active recovery. Everyone who has taken them has had fun in their own way," said Buhrman.

Another great way to meet new people and get to know other students is by getting involved in various clubs and organizations. Students can access EngageLeo at https://saintleo.campuslabs.com/engage/organizations to learn about campus clubs and who to contact for more information.

Joining a club allows students to gain and develop skills that will benefit them both inside and outside of the classroom, as well as connect with other students. Some Saint Leo students have stated that getting involved was a highlight of their college experience.

"After I explored all the groups and clubs Saint Leo University has to offer, my time in college felt so much better," said Noah Henry, a 2023 graduate with a degree in clinical psychology. During his time at Saint Leo, Henry was involved in the Alpha Psi Omega National Theatre Honors Society as the vice president.

"My favorite memory was being able to be on the stage again," he said.

In addition to the existing clubs and organizations on campus, students can form their own if they are passionate about it.

For instance, Faith McKenna, a 2022 graduate with a degree in healthcare administration, brought the Music Collective Club back to campus after it ceased its yearly activities due to the pandemic.

"Seeing the Music Collective Club back with a full roster made me feel incredibly proud of myself," said McKenna. "Being involved in a club that you were inspired to start is a piece of advice I would give to incoming students."

Ashley Phelps, the assistant director of student activities, explained that starting a new club is a very interesting process.

"The first step is to send me a roster with at least five students interested in joining the organization, in addition to a president, vice president, secretary, and treasurer," said Phelps.

According to Phelps, students wanting to start a club also must identify an advisor for the club, write a complete constitution for the organization, and come up with a list of planned projects for the school year. The final step is registering the organization through EngageLeo and adding all the active members of the club.

While academics are important, it is strongly advisable that students supplement their academic achievements with involvement in clubs and organizations. In my personal experience, my extracurricular activities have helped me network with other students in my field, as well as given me skills that I have used during internships and in the classroom.

However, despite the importance of extracurricular activities, the reason students attend college is for their education, meaning it is also critical to succeed in the classroom.

Professors at Saint Leo are extremely helpful and eager to assist students, and office hours are an excellent way for professors to answer students' questions and help them succeed in the classroom. Students should reach out to their professors whenever they need assistance, even if it is just to ask for tips on how to get the most out of their academic experience.

It is also crucial for students to know that networking with their professors is very helpful.

"The first thing students should do is reach out to professors in their department," said Dr. Passard Dean, who teaches economics, accounting, and finance at Saint Leo.

Dean explained that students must realize that "professors are also human beings; thus, it is very beneficial for students to learn their name and build relationships with them."

Professors also help students gain academic and work experience.

"We are here to introduce students to different organizations and internships in our department," said Dean.

Aside from professors, Saint Leo has excellent academic resources in the Center for Vision and Academic Excellence (CAVE), which aims to provide students with services and programs that serve as foundations for academic success. The CAVE is located on the first floor of Kirk Hall.

Peer tutoring is available for students who need help with specific subjects, as well as peer-assisted learning (PAL) coaching for those who want to learn about time management and overcoming academic challenges. Students who are interested in these services should visit the CAVE website at https://www.saintleo.edu/academics/success-resources/cave.

Finally, it is important for students to not take on more than they can handle. While some students are very involved, others may burn out trying to balance too many extracurricular and academic activities. It is crucial for students to learn to prioritize between academics and other involvements that are important to them.

A summer day in the life of a student-athlete: Volleyball edition

Pia Perthen
Sports Editor

Summer is the time for student-athletes to fill up the batteries and recover from an injury to be the best possible version of themselves for the upcoming fall season. This is exactly what Emma Laade, a sophomore playing indoor and beach volleyball, tries to take away from this summer break to come back stronger after her knee injury.

Laade, who grew up in Bradenton, Fla., is prioritizing strength training and conditioning this summer to obtain the shape she had before her injury.

"I practice a lot of fundamentals and footwork to get back into the game," Laade said.

For Laade, a day during summer could start with a glass of orange juice and a healthy breakfast consisting of protein pancakes, eggs, and, if she is still hungry, some yogurt with fruit, honey, and granola. Then she goes to work from 7 a.m. to 2 p.m. and eats a healthy lunch at noon during work.

"On days I don't have to work, I am working out with my personal trainer at 10 in the morning and drink a protein shake straight after," Laade said.

On workdays, she goes to the gym right after to lift. On Mondays, Wednesdays, and Fridays, she helps the high school volleyball team with practice. Laade usually stays longer to work more on her game with her old teammates.

"Since I did rehab due to my injury this summer, I was not able to join my Saint Leo teammates at open gyms because I haven't been cleared yet," Laade expressed.

In the evenings, Laade likes to wind down and eat whatever her mom conjures onto the table. That could be a variety of chicken, steak, fish, potatoes, or pasta, and after, Laade might walk her dogs with her mom or hang out with friends.

During her vacation trips to Hawaii, Puerto Rico, and Key West, Laade could fully relax and use the travels to fill up her emotional tanks while discovering new, beautiful areas.

"I went hiking in both Hawaii and Puerto Rico, and it was amazing to see new terrain and visit places I have not been to before," Laade said.

While she also spends a lot of time on the beach and in the gym during summer break, Laade cannot wait to get back to the grind in the gym at Saint Leo and see all her teammates and friends again.

"My personal expectations [for the upcoming season] are to not hold myself back due to my surgery but instead use it as motivation to succeed on the court," Laade said. "Teamwise, I am hoping for a good atmosphere, good chemistry, and a really competitive attitude to win!"

Laade is looking forward to playing on the volleyball court with her Saint Leo teammates. (Picture courtesy of Laade)

Laade is ready to come back stronger after her knee injury. (Picture courtesy of Laade)

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